

Playgrounds of the rich and famous

600 Iraqis killed in week of chaos

Carnie out but happy and relieved

Mickelson wins first major

Melkshing Phoo: World-class pun him?



## Mike, Chir: Friends from rival campaigns

By Julie Lohr-Jordan and Carlos Palao

100TH young (74) author—union reporting sides, but Mike's "Mr. Obama" campaign has been "Mr. Obama" campaign.

# PHILIPPINE DAILY INQUIRER

BALANCED NEWS, FRANKLY VIEW

## Ombudsman clears Gloria on Maynilad 'bailout' deal

By Yuh Contreras

THE OFFICE of the Ombudsman yesterday found the plan to bail out Maynilad from the Department of Justice and 18 offices of the Department of Justice in connection with the alleged government bailout of the water utility.

PHILIPPINE DAILY INQUIRER

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# GMA now leads FPJ, says latest survey

## Still very close fight, Pulse Asia poll shows

By Julie Lohr-Jordan

IT'S STILL a "very close fight," says President Macapagal-Arroyo has finally gained a lead over actor Fernando Poe Jr., breaking the statistical tie that held the two leaders in the past few months, a new pulse poll from said yesterday.

Pulse Asia Inc. said that of the 1,000 nationally representative registered voters polled from March 27 to April 4, 34 percent said they would vote for Mr. Macapagal, while 36 percent said they would vote for Mr. Poe.

Mr. Macapagal received a slight lead of 1.6 percentage points in the survey but a margin of error of plus or minus 1.6 percent (plus or minus 3.2 percent) said the pollster.

"This is the first time that third-time voters have a statistically significant lead, although still, overall, Mr. Poe," Pulse Asia executive director Ana Maria L. Tolosa said in a statement.

British Nationalist Secretary Paul Brown said with 12 percent, followed by Mr. Macapagal with 30 percent, Mr. Tolosa 19 percent, and the bottom with 3 percent.

In the vice presidential race, Sen. Noli de Tavares, Mr. Macapagal's running mate, continues to lead, getting 38 percent, Sen. Loren Legarda, Mr. Tolosa's running mate, obtained 23 percent.

The respondents were asked to vote for a holder of the office of their choice, candidates, also being asked voting preferences.



A FILIPINO war driver, who has yet to be identified, appears on an Arabic television station as one of eight hostages who were taken to Iraq. A student said he saw the video that the hostages had been released.

## Filipino among foreign hostages in Iraq

By Jonathan M. and Gil C. Calaveras Jr.

REPORTERS at the United Nations "Philippines" when he was shown on Arab television along with other hostages held by Islamic militants.

The one in the Department of

Foreign Affairs knows his name but the unidentified Filipino was a driver, abducted along with at least seven other men by armed groups fighting US-led coalition forces in Iraq, he has been released.

The war zone of al-Qaeda's al-Qaeda's latest hostage the past

week by militants in Iraq demanding the release of

hostages. The release of the hostages was a marked step in the release of the eight hostages were described as such drivers who had supplied the

forces of the country's Ministry of

Defense. The release of the hostages was a marked step in the release of the eight hostages were described as such drivers who had supplied the

# Don't let Abu escapees leave Basilan, GMA orders

By Julie Lohr-Jordan and Gil C. Calaveras Jr.

CONTROLS of Basilan, it seems easy and hard down there. Since this was an area the Islamic front, President Macapagal-Arroyo yesterday ordered a massive military to 25 in the area—13 of them from the region—will as long as it

the network against them in court, including the whole of the

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## Angara stays on in FPJ coalition, slams Lacson for 'bullying ways'

By Carlos Palao, Norman Borja and Michael Lim-Wee

SEN. Eduardo Angara is staying on in Fernando Poe Jr.'s leadership of the Philippine coalition, according to sources close to the senator, who's campaign spokeswoman.

Angara said the senator only yesterday said talk that Sen. Noli de Tavares, the other opposition presidential candidate, would leave the coalition if Mr. Poe's campaign was to proceed. De Tavares said he would stay in the coalition if Mr. Poe's campaign was to proceed.

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SUPREMACY DIPLOMACY: The Philippines, enjoy the cool waters of White Island. It's open for swimming April 13. The beach town's name is a testament to its location in Marikina, Cebu.









# Proposal to regulate college tuition shelved

By Dina D. Pozzinger

**TUITION**—Students and their parents will have to dig deeper into their pockets this year.

The other education officials shelved plans to regulate fee increases by colleges and universities in 2004.

With just seven months before the next school opening, the Commission on Higher Education has yet to come up with its proposed interim guidelines on school fees.

"It will not be implemented this year but at least school year," said CHED executive director Jeffrey Velasco yesterday.

He said that this was because many schools had already set their fee increases for the coming school year, after having completed their "consultations" with their students by fall 2003.

Under the previous guidelines, school owners have to "consult" with their students before making tuition.

"It will be useful in the schools to change the rules now" since they had completed with the old rules," Velasco said.

Consultations are not required in the case of non-college fee hikes.

In July 2003, CHED chair Benigno Sison FSC announced that the agency would regulate school fee increases beginning this

school year.

Others said many colleges and universities had already the tuition deregulation policy which has been in place for over 22 years.

He said CHED would come up with the new guidelines in March in time for the June school opening. But Sison is currently in medical leave.

In an interview yesterday, Velasco said that schools would find it "very difficult" to comply with any new guidelines at this time.

"We have to be pragmatic, not unrealistic," he said.

He said the decision to postpone implementation of the new guidelines was arrived at on April 2 during a consultation with school and student groups.

Nevertheless, CHED would come up with the new guidelines within the month, Velasco promised.

Others had said that schools would have to get the approval of their students, parents and CHED if they wanted to implement deregulation rules.

The Velasco said CHED's approval may no longer be necessary.

He said the proposed guidelines would at least influence level fee increases.

If the fee increases are higher than the inflation rate, the school owners would need to justify to parents and their students.

"But when the inflation is positive, there should be approval by CHED," Velasco said.

## Free acquitted detainees, Davide orders

By Philip C. Tobias

**NO MAN** shall serve more than lifetime.

Chief Justice Renato Corona has ordered all trial court judges throughout the country to immediately cause the release of detainees whose cases had been dismissed by the courts or who had been acquitted of the charges they faced.

In a memorandum order dated April 2, Justice Corona said that despite their acquittal or the dismissal of their cases, a number of persons remained "detained for years, if not months or even months," due to delays in the processing and delivery of their release orders to the Bureau of Prisons and Parole and Pardon (BPP).

"Now, therefore, all trial judges are directed to immediately cause the release of detainees

due to the promulgation of a decision," Justice Corona wrote.

The directive also ordered arrested persons who had been under detention for a period equal to or greater than the maximum prison term for the crime they have in court.

Corona said release orders should be signed as soon as an accused is acquitted or the charges against them dismissed.

He said trial court judges should immediately cause the release of persons arrested to give effect to the provisions of the BPP office regarding the process.

"The court shall be under strict orders to deliver the release order to the jail within which, in every, shall immediately deliver a sub-judicial verification if the prisoner has other cases," Corona said.



### CANCER KIDS

Cancer victims' families and friends have gathered for a fund-raising bazaar, Laila Pineda (right) and her family are shown at the bazaar. Pineda is the daughter of the late Pineda. Pineda is the daughter of the late Pineda. Pineda is the daughter of the late Pineda.

## Exec raises alert vs JI terrorists

By Jeffrey H. Tapes

Phil. Daily Inquirer

**MANILA**—A special prosecutor on April 2 announced that he had received information that the JI (Islamic) group is planning to launch a series of attacks in the Philippines.

He said the group is planning to launch a series of attacks in the Philippines. He said the group is planning to launch a series of attacks in the Philippines.

According to Pineda, the group is planning to launch a series of attacks in the Philippines. He said the group is planning to launch a series of attacks in the Philippines.

"We have already been in the past for several years," Pineda said, adding that the group is planning to launch a series of attacks in the Philippines.

## Gunmen kidnap 3 men off Sabah

**MANILA**—A group of gunmen kidnapped three men off a boat in Sabah, Malaysia, on April 2, according to a report from the Sabah police.

The report said that the three men were kidnapped off a boat in Sabah, Malaysia, on April 2. The report said that the three men were kidnapped off a boat in Sabah, Malaysia, on April 2.

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Details of the attack were reported by the Sabah police. The report said that the three men were kidnapped off a boat in Sabah, Malaysia, on April 2.

In the Philippines, Navy

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NEW CENTER: ALABANG 2700 10th St. BORACAY 2700 10th St. CAPOCAN 2700 10th St. CEBU 2700 10th St. GREENHILLS 2700 10th St. LEGASPI 2700 10th St. MANILA 2700 10th St. MEDAN 2700 10th St. PUAY ROAD 2700 10th St. PUYU 2700 10th St. SM NORTH 2700 10th St. SM SOUTH 2700 10th St. SM WEST 2700 10th St. SM EAST 2700 10th St.







# The WORLD

Editor Lawrence S. Gales

## 600 Iraqis killed in week of fierce fighting in Iraq

**PHILADELPHIA**—Iraqi-Chinese blood spilled on Tuesday when a week of fierce fighting between US forces and Shiite Muslim guerrillas in which more than 600 Iraqis had been killed.

A brutal campaign aimed by suspected guerrillas on day after day, leaving bodies for the next few hours. The US military said it was doing its best to keep the fighting from spreading to the rest of the country.

The US military said it was doing its best to keep the fighting from spreading to the rest of the country. The US military said it was doing its best to keep the fighting from spreading to the rest of the country.

Iraq's bloodiest and most chaotic period since the fall of Saddam Hussein's rule.

"It was a week ago," said a US military official. "It was a week ago, it was a week ago, it was a week ago."

The US military said it was doing its best to keep the fighting from spreading to the rest of the country. The US military said it was doing its best to keep the fighting from spreading to the rest of the country.

proposed toward democracy," he said, adding in his defense that the US was not doing its best to keep the fighting from spreading to the rest of the country.

Only sporadic gunfire erupted through Baghdad, west of Baghdad, after the fighting.

Iraq's US General David Petraeus said the fighting was not doing its best to keep the fighting from spreading to the rest of the country.

apparent fighting continued in the north with the US military said it was doing its best to keep the fighting from spreading to the rest of the country.

"The fighting was not doing its best to keep the fighting from spreading to the rest of the country," he said.

Iraq's US General David Petraeus said the fighting was not doing its best to keep the fighting from spreading to the rest of the country.



**PRESIDENT'S DAUGHTERS**—Bush's daughters, Barbara and Jenna Bush, with their mother, Laura Bush, and their father, George W. Bush, at the White House in Washington, D.C., on Tuesday, April 11, 2006.



**BOYHOOD**—A young boy, identified as a member of the Boy Scouts of America, is seen in a photo taken in Baghdad, Iraq, on Tuesday, April 11, 2006.

## Aide of Sokor ex-president draws jail term

**BEIRUT**—The right-hand man of Syria's ex-president Hafez Assad, a former aide of the late president, was sentenced to 20 months in prison on bribery charges on Tuesday.

A court in Beirut sentenced the former aide of the late president to 20 months in prison on bribery charges on Tuesday.

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## Bush on the defensive despite memo's release

**WASHINGTON**—President George W. Bush's administration is on the defensive after the release of a memo that criticized the president's handling of the Iraq war.

The memo, which was released by a senior administration official, criticized the president's handling of the Iraq war.

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## Thousands in HK protest China's grip on voting laws

**HONG KONG**—More than 10,000 people took to the streets of Hong Kong on Tuesday to protest against China's grip on voting laws.

The protesters, who were mostly young people, took to the streets of Hong Kong on Tuesday to protest against China's grip on voting laws.

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## Briton bets all on one spin, wins

**LAS VEGAS**—A British man who bet all his money on a single spin of a roulette wheel has won \$1.5 million.

The man, who is from London, won the money by betting all his money on a single spin of a roulette wheel.

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## Israeli, Palestinian girls join 'Miss Barrier' pageant

**JERUSALEM**—In a rare act of peace, Israeli and Palestinian girls are competing in a beauty pageant called 'Miss Barrier'.

The pageant, which is held in Jerusalem, is a rare act of peace between Israeli and Palestinian girls.

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**MISS BARRIER**—Two young girls, one Israeli and one Palestinian, are seen in a photo taken in Jerusalem, Israel, on Tuesday, April 11, 2006.







A TREE is cut down during the groundbreaking ceremony.

LAKE Juan River is within the Manilaville property.

A 150MGA/200-acre site of the river.

# 'Nature-retreat' village near Star Tollway

Text by **Sam R. Sison**  
Photo by **Ron R. Sison**

IT'S not your plain subdivision with a clubhouse.

Rising from a 15-hectare property on the Marikina Valley of the Terns, Terns and Marikina is a subdivision that features a river as its centerpiece. The developers, around 100,000 sq ft, will create a residential community with lush gardens for the complete "nature retreat" atmosphere.

The basis of the property is the Marikina Valley, a river valley, or a "valley" in the local language. The developers, around 100,000 sq ft, will create a residential community with lush gardens for the complete "nature retreat" atmosphere.

And of these will be within what is to be called the Marikina Valley. The developers, around 100,000 sq ft, will create a residential community with lush gardens for the complete "nature retreat" atmosphere.

**NATURE-PRIDEY** Manilaville will be a lush, green, and healthy environment.

The first phase will be built from 2004 to 2006. The club will be fully developed in 2008.



MONTICULT's groundbreaking river in Marikina, Terns.

Terns, Terns and Marikina. It is a lush, green, and healthy environment.

Don't toward the south. It is a lush, green, and healthy environment.

strongly to the south. It is a lush, green, and healthy environment.

and the Marikina Valley.

**Let prices**  
The selling price of the lot ranges from P4,200 to P5,000 per square meter and includes the preliminary share of the 12.5-hectare lot.

Monticult's phase 1 will offer around 400 lots, with more of 1,200, 500, 600 and 700 square meters. A 700-sq-m lot goes for P4.2 million for the average lot. Expect that to increase, Marikina predicts, when the expected measurement between the Marikina Valley and the Marikina Valley is taken into account.

**Vertical limitation**  
The surrounding area of Marikina is vertically limited to 10 stories. This, instead of competing with the industrial park, the Marikina Group has positioned its own development as residential and commercial.

The Marikina Valley development has more than 15 percent of open space. There is also a small lake in the Marikina Valley. The Marikina Group has positioned its own development as residential and commercial.

Marikina predicts that the Marikina Valley will be a lush, green, and healthy environment.

# Ayala subsidiary takes middle market by storm

By **Charles E. Rubin**

ITS been a little over two years since Ayala Group Inc., the largest property developer in the country, launched a wholly owned subsidiary to focus on the affordable, mid-market segment.

Departing from the usual residential nature of AGL Capital's subsidiary, Community Development Inc., set in sight on the red-hot market for housing.

Instead of properties priced from just over a million to two million, it is now in the P8 million, CIL has emerged as the segment to become one of the low bright

spots in an otherwise gloomy real estate industry.

**Treated name**  
A word used to refer to the product, CIL stands for the product. CIL stands for the product. CIL stands for the product.

The result is to be working with CIL even with the presence of other attractive products in the market.

to create low attractive price package may be, buyers will look at the name behind the project. They will be looking at the name behind the project. They will be looking at the name behind the project.

In the end of CIL, the company follows through on their commitment by building the property management to the Ayala Group Management Corp., the group that handles the construction of all Ayala-owned and developed projects, multi-unit residential property.

successes, but also helps form business' association and leads boards' success CIL project development lead Jonathan Lim.

**Successful projects**  
The CIL team started out with the Verde House located in Marikina City and Marikina, Terns.

With lots ranging from 200 to 400 square meters, Verde House features a spacious clubhouse, an outdoor swimming pool, a tennis court, and a basketball court. The Verde House is a lush, green, and healthy environment.



THE COLLAPSE

the Verde Village Center, a 1.8-hectare commercial site for retail and services-oriented establishments. The Verde Village Center is a lush, green, and healthy environment.

The company community set proved a big among buyers that Verde House was taken up in a matter of months.

**Next The Colours**  
With the success of the first Verde House, CIL focused on The Colours, Ayala Avenue, a high-rise commercial building located in the center of the Marikina Valley.

Compared to a mix of studio, one-bedroom, and two-bedroom apartments, this class 22-story tower has a 100,000 sq ft retail space on the ground floor. The Colours is a lush, green, and healthy environment.

As the end of the first quarter last year, the first tower, which

# BONIFACIO RIDGE Due diligence exemplified

ANGLA Land Inc.'s long-standing success in property management can be attributed to its practice of due diligence particularly in its new acquisitions. This was recently exemplified when it took over the project management of Bonifacio Ridge, a prime residential development in Bonifacio Global City.



BONIFACIO Ridge

The 7.66-hectare prime property is being aggressively marketed by ANGLA this year in preparation for the project build-up under the Bonifacio Global City. ANGLA, the company-owned property management and development company, is currently under management of ANGLA, as members of the Bonifacio Global City team the most modern and fully-staffed planned business district in the country.

**Design review-audit**  
According to engineering firm by the name, design review-audit involved data gathering and testing as well as analytical investigation design review. The audit involved the previous structural engineers of the building first conducted an on-site testing and structural calculations. As a result, it was the ANGLA structural and maintenance standards.

Prior to the official takeover of Bonifacio Ridge, ANGLA sought the opinion of its trained structural engineering partners, Arcon & Co., to determine if the property's design and structural components.

Bonifacio Ridge was subjected to extensive structural testing, including inspection and loading checking of structural elements to conform to structural plans, construction

testing, review of design and specifications for code compliance, among others. And, according, according to ANGLA, the structural engineering of ANGLA projects particularly new developments such as Bonifacio Ridge.

**Proven residential standards**  
Bonifacio Ridge is a prime commercial and residential development of the Bonifacio Global City. The Bonifacio Ridge is a lush, green, and healthy environment.

According to engineering firm by the name, design review-audit involved data gathering and testing as well as analytical investigation design review. The audit involved the previous structural engineers of the building first conducted an on-site testing and structural calculations. As a result, it was the ANGLA structural and maintenance standards.

Bonifacio Ridge will be officially takeover the site to residents this October.







































## FPI wants immediate Meralco refund

THE FIDELITYPHILIPPINE Industries yesterday called on the Manila Electric Co. to refund large expenses through an immediate refund of their monthly bills.

The group was entering in the fourth and final phase of a P50 billion refund to consumers, which the Supreme Court ordered last year.

The immediate refundable amount has been placed on its contractors between January 1994 and April 2000. Phase 4 would refund Meralco P1.8 billion.

In a press statement, FPI president Juan L. Arnesa urged the utility giant to implement an immediate, programmed reduction in the current billing of manufacturing companies.

"Manufacturers are the biggest consumers of electricity," Arnesa said.

"There are companies that have reduced their expenses due to the high costs of production, which include power costs."

He said some large manufacturers were

spending as much as P80 million per month in electricity.

Arnesa added "Referring the Meralco refund through a programmed reduction of the monthly billings of these enterprises as soon as possible, will go a long way to reduce costs and help companies become more globally competitive and profitable as clients."

Last month, the Philippine Chamber of Commerce and Industry said it was considering to press for an appeal for electricity payment to be considered as a debt to the government.

FPI's executive vice president, Donald Lee said in a press briefing the group had been asked by other business representatives to take the lead in determining how the refund should be done.

For industrial users, Meralco facilities pay out the refund to consumers credited to the electricity bills. ■ **Ronald W. Domingo**

# BOI tightens investment rules on auto projects

By **Ronald W. Domingo**

THE BUREAU OF Investments has increased the investment requirement on vehicle manufacturing projects to at least \$100 million from \$20 million. This was required in the guidelines governing the 2004 Investment Priorities Plan, the line of the government's growth and development strategy.

Private vehicle manufacturers investment such as expansion on infrastructure and tool building.

According to BOI officials, the required minimum capital to qualify for preferential status was also raised to \$100 million. Previously, it was \$20 million for completely built units of passenger cars and commercial vehicles. Now only 1,000 units a year, the rules now set to require at least 500 units a year.

The guidelines allow investment

projects that include acquisition of existing passenger vehicles.

For commercial vehicles, the required minimum investment amount is \$1 million and export of 30,000 units a year.

Also, the guidelines on preferential status provided that investment in infrastructure for development or expansion projects available monthly for at least \$20 million for passenger vehicles and \$100 million for commercial vehicles.

Manufacturers of private vehicles that are engaged or intend solely for the Asian Association of Free Trade Areas (AAFTA) market also qualify for preferential status.

All applicants, however, must be registered participants under Executive Order No. 115 or its motor vehicle development program.

For vehicle manufacturers, the following

projects may qualify for preferential status:

• Manufacturing of passenger cars, engines, or both as end use for chassis and engine building.

• Cross-border investment or joint or between companies across borders involving a strong corporate company or company with a weak Philippine-based firm, provided that the surviving company would make use of local facilities for production.

• Expansion facilities for foreign parts and components for motor vehicles, and

• Support facilities for the motor vehicle industry in the motor vehicle industry, such as engine or motor vehicle facilities for foreign or motor vehicle parts and components, provided that the support facilities would have supply under motor vehicle with the latest design manufactured by American or other, made and made.

## DBCC coming out with new revenue measures for '05

By **Bois C. Domingo**

THE DEVELOPMENT Credit Commission is expected to propose that the new revenue measures for 2005.

The DBCC is expected to propose that the new revenue measures for 2005.

The document detailed the measures proposed at during the March 21 meeting of the DBCC executives to Manila-based.

"The measures in revenue will include the proposed increase in government collection," said a source from the Department of Finance.

After the end of the meeting, which ended due to a lack of quorum, it was also a source from the Department of Finance.

## Tower Awards extends deadline

THE DEADLINE for submission of entries in the Tower Awards 2004 (The Outstanding Workplaces of the Republic) is extended by the Rotary Club of Manila and Metropolitan Foundation Inc. to be extended to April 15.

The awarding agencies will be held on June 2, 2004 at the Philippine Trade Center, Manila.

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Department of Finance sources estimated that, as an upshot of additional revenue from the new measures, the fund for infrastructure projects could also yield P2 to P4 billion.

One of the measures proposed to lower government revenues by next year is the 10% increase in the rate of value-added tax (VAT) on goods and services.

This reflects, which even the International Monetary Fund has been pushing for, is expected to yield P1.5 billion.

Another measure to increase revenue being proposed is the imposition of a tax on 50% of the earnings of private companies.

One POF source said that this measure, which was being supported by some of the private companies, could yield a loss of P1.5 billion a year.

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# Firm up your rear end

By Amy Rogers

slipper or slouchiest bliss. If you only want definition, keep the exercises light.

## Variations on a theme

The primary exercises to increase tone in the buttocks are variations of squats and lunges, also called compound exercises since they involve using major muscles. Be prepared to overwork. It'll feel a little heavy amount of weight since the buttocks are a large muscle.

The exercises also work the front and back of the thighs, which is just as well, since buttocks that need more are usually attached to thin legs, which also need extra filling out.

If you only want to define and lift your rear, don't be scared of squats and lunges—just don't lift heavy weights. Go for more (15 to 20), rather than less, repetitions.

Isolation exercises specifically target the buttocks and the hamstrings in the back of the thighs, which share the same function—lifting your leg behind you or lifting your body upward from a bent-knee position.

## More weight, more built

Again, if you want built, use more weight and less repetitions per set (8 to 12). If you want definition and tone, use less weight and more reps.

To make the most of your isolation exercises and to protect your lower back, make sure to squeeze your buttocks before you even move your leg backward. This doesn't need a very large range of motion to achieve results. Moving with momentum will only strain your

lower back. Move in slow, controlled motion.

"A lurch on your lips, lurch on your hips" is not one to trust the coach. Any serious exercise will be rooted in your hips and thighs if you are genetically predisposed to more fat than soap. So, if a lurch behind is the problem, remember that what you can place a major role in keeping your measurements under control.

## Blame estrogen

Sometimes, however, even if you watch what you eat and exercise religiously, the rest of your body starts doing for your hips, buttocks and thighs anything but to help.

Science tells us that something is at work with the reproductive process. Estrogen multiplies fat-storing enzymes and directs fat to be stored in a woman's lower body. Cells in that area convert more fat-storing enzymes. It seems Mother Nature has made sure that a woman has no alternative store of fat to stay fertile, carry a pregnancy to term and breast-feed even when food is scarce.

This doesn't mean you should give up eating sensibly and exercising regularly. You can still, as always, tone your hips, buttocks and thighs considerably. However, you do have to be realistic and accept that your buttocks may always be larger than you like.

Some people want to liposuction to get rid of fat in the lower body. That's certainly a quick way to achieve dramatic results, but if you choose this option, make sure to control what goes into your mouth and continue exercising. It's not a magic way of showing up in the slingshot of place.

Don't get overconfident and set up a storm.

## Temporary relief

The buttocks and back of the legs are also famous for having no-o-o-o-o-o-o-o-o. This is because, with time being so dependent, a woman's skin is quite thin and waxy to that area. Here is where the anti-cellulite creams and gels come into the picture. They require the skin to that area to be healthy. If this helps you feel better about your figure and you have money to spare, then get some. Just don't believe any promise about "locking your fat away."

Cellulite-riddled buttocks and thighs look better when the muscles underneath are firm and tight. Here are exercises that can help.

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Lastly there is one more you can do anywhere—well, almost. Just do the checks of your buttocks regularly as hard as you can remember to breathe for about 10-15 seconds. If you can do this every time throughout the day, you will be rewarded with a toner. Although, if you intend to do this while working in line, for example, make sure you aren't wearing tight pants and you're standing behind you.

Visit [www.danjohnfitness.com](http://www.danjohnfitness.com)

## EXERCISE OF THE WEEK



## Supine tricep extension on stability ball

This exercise tones up the triceps or muscles at the back of your arms, "rear" muscles (also triceps, lower back) as well as the buttocks and hamstrings.

**Equipment:** Stability ball, dumbbells. A gym bench or wall can be used and substituted for the ball.

**Exercise technique:**

1. Start by sitting on the ball with the dumbbells held close to your chest with your arms bent at 90 degrees.
2. Move your feet forward as you simultaneously lower your upper body until you are in a table-top position with your buttocks in line with your shoulders.
3. Take your arms overhead with the palms facing each other. Slowly bend your elbows. This is your starting position.
4. Without moving your shoulders, straighten your arms as you exhale. Inhale as you bend the

elbows back to starting position.

5. Do the desired number of repetitions.

**Performance tips:**

1. This is an exercise that should only be attempted by someone experienced with using a stability ball.
2. To protect yourself, use a ball that is just bare enough a ball that will deflate slowly if punctured and will not collapse suddenly under you.
3. Use a reasonable amount of weight. This exercise is not meant to lift very heavy weights. Be playful in so-called and challenge of the core.
4. Keep your buttocks contracted so that hips are lined with the shoulders.
5. Straighten your arms slowly and with control. Avoid jerking the dumbbells and "locking" your elbows.

**Repetitions:**  
 The 12-15 repetitions. One or two sets.